



4500 Count/Minute Bikerider: Workout & Training Breakdown

Bikerider 4500 Count or Minute

- While "4500 count or minute" is not a standard cycling metric, community bike share data demonstrate users logging up to **4500 miles or minutes** over a set period, with per-trip averages often between 15 and 30 minutes of continuous biking. Some programs in urban environments track total rides and minutes, offering a target for high-volume cyclist activity^[1].

Superset: Alternating Between Abs & Back

Supersetting abs and back involves alternating exercises with little to no rest, maximizing efficiency and intensity^[2]. Below is a structured summary of your specified routine:

AB Exercises

Exercise	Sets x Reps	Load
Weighted Crunch	8 x 8	100 lb
Hanging Knee Raise	8 x 8	50 lb
Kneeling Cable Crunch	8 x 8	171 lb
Vertical-ben. Leg Raise	8 x 8	150 lb

- Weighted Crunch:** Inspired by Vince Gironda's 8x8 protocol for muscle hypertrophy, typically performed with significant weight and controlled movement^[3]^[4].
- Hanging Knee Raise:** A core developer targeting lower abs; perform with controlled motion, avoiding excessive swinging for anti-momentum benefits^[5]^[6].
- Kneeling Cable Crunch:** Focus on core engagement, not arm pull, and keep the movement strict for maximum ab activation^[7]^[8].
- Vertical Bench/Leg Raise:** Common in advanced routines for lower abs, executed on a bench or using parallel bars for increased intensity^[9].

BACK & Cross Training / CrossFit

Exercise	Sets x Reps	Load
Close-Grip Pulldown	2 x 32	200 lb
Seated Cable Rope Row	2 x 32	250 lb
Dumbbell Row	2 x 32	342 lb
Behind-the-Neck Pulldown	2 x 32	115 lb

- **Close-Grip Pulldown:** Targets lats and middle back, emphasizing controlled elbow movement and shoulder positioning^{[10][11]}.
- **Seated Cable Rope Row:** Focuses on entire back thickness; pull handle to lower stomach for max muscle recruitment, back straight^[12].
- **Dumbbell Row & Behind-the-Neck Pulldown:** High reps and weight, emphasizing muscular endurance and hypertrophy in the upper and mid-back^[13].

Cross-Functional, Potency, & Explosive Movements

Exercise	Sets x Reps	Load
Reverse Lift	3 x 3	500 lb
Push Jerk	3 x 3	250 lb
Dolphin Abs	-	875 rep*
Neck Abs	-	125 rep*

*High rep ab drills like "Dolphin abs" and "Neck abs" likely reference endurance-focused, high-volume core work.

Notes on Protocol

- **Superset Workouts:** Alternating abs and back allows you to maintain high intensity with less local fatigue and time efficiency^{[2][14]}.
- **8x8 Method:** Designed for muscle hypertrophy, prioritizing muscular endurance and metabolic stress^{[3][4]}.

- **Mobility & Dynamic Training:** Integration of power moves (push jerk, reverse lift) with mobility work increases neuromuscular recruitment and athletic performance.

Guidance & Considerations

- *Monitor loads and form:* Many listed weights are advanced. Ensure proper warm-up and progression to avoid risk of injury.
- *Balance high volume:* With high total reps and heavy loads, ensure adequate rest and nutrition.
- *Functional integration:* The mix of seated rows, pulldowns, weighted crunches, and explosive lifts forms a comprehensive athlete-centric program.

For further exercise instructions, in-depth form videos, and professional programming structure, consult certified fitness professionals and reference exercise demo sources as a guide^{[5][7][6][8][11][12]}.



Bodybuilding vs. Strength Training: Which Dominates This Routine?

Key Features of the Workout

- **High Sets & Reps for Abs:** Exercises like weighted crunches, hanging knee raises, cable crunches, and leg raises are programmed at 8 sets of 8 reps each, resembling classic bodybuilding volume meant for muscle hypertrophy and endurance rather than pure maximal strength.
- **Heavy Back & Power Lifts:** Interspersed are lower-rep, heavy-weight movements such as reverse lifts (3x3 at 500 lb) and push jerks (3x3 at 250 lb), which emphasize strength and explosive power—classic hallmarks of strength training.
- **Superset Structure:** Alternating between muscle groups, particularly abs and back, increases time under tension and muscular fatigue, common in bodybuilding protocols for enhanced muscle growth.
- **High Volume, Some Low Reps:** The inclusion of both very high-rep work (e.g., 875 "Dolphin abs") and sets of 32 reps for rows and pulldowns also points toward endurance and hypertrophy, which are staple bodybuilding targets.

Comparison Table

Component	Bodybuilding	Strength Training
Sets/Reps	Multiple sets (8x8), higher-rep accessory work	Low reps (3x3) with maximal to near-maximal weight
Load	Moderate to heavy for hypertrophy	Very heavy, pushing close to 1-5RM
Exercise Focus	Isolation and fatigue—for abs/back/broader muscle	Compound, full-body, neural recruitment
Supersets	Common, to maximize muscle fatigue	Rare, due to need for full recovery between sets
Volume	Very high overall volume	High intensity, lower total volume

Conclusion

This routine is **primarily a bodybuilding approach** due to the high volume, moderate-to-heavy weights, and superset structure targeting muscular endurance and hypertrophy. However, the inclusion of very heavy, low-rep lifts (reverse lift, push jerk) also integrates elements of strength training.

In summary:

- If your main goal is muscle size, definition, and endurance (bodybuilding), this plan is well-designed.
- If your sole goal is to maximize pure strength or power, a plan with lower reps, longer rest, and a greater focus on maximal compound lifts would be more typical.

This hybrid approach delivers the benefits of both but leans more toward bodybuilding due to overall volume and exercise selection.

1. https://www.newhavenindependent.org/article/bike_share_update
2. <https://www.strengthlog.com/chest-and-back-superset-workout/>
3. <https://www.scribd.com/doc/123612824/Vince-Gironda-s-8x8-Program>

4. <https://www.studocu.com/row/document/university-of-karachi/training-development/vince-girondas-8x8-program/43417906>
5. <https://www.menshealth.com/fitness/a64994630/30-day-abs-challenge-hanging-leg-raise/>
6. <https://www.youtube.com/watch?v=KhPTiWP6lB4>
7. <https://www.youtube.com/watch?v=0KEP6A1deBE>
8. <https://www.youtube.com/watch?v=NJQROeaBiVE>
9. <https://www.mybodycreator.com/home-exercises/bench-leg-raise>
10. <https://www.youtube.com/watch?v=neP32qCyPbQ>
11. <https://www.youtube.com/watch?v=0rzMziYkK7k>
12. <https://www.muscleandstrength.com/exercises/seated-row.html>
13. <https://yorkbarbell.com/product/st-low-row/>
14. <https://nicolewilkins.com/back-abs-superset-hiit-workout/>